

## EXECUTIVE SUMMARY

[www.drsukoon.info](http://www.drsukoon.info)

I have been working on several pioneering constructs within the philosophy and science of psychology. With an impressive array of qualifications including a PhD, an MPhil, and an MSc in Clinical Psychology, my portfolio is coupled with over 25 years of invaluable experience in research, teaching, and clinical practice. My work is labeled as 'Natural Psychology' which is the 'Sensory & Ultimate Knowledge On Observing Nature – SUKOON'. It is an enlightening approach that explores the intersection of the Quran and modern psychology. It differentiates Nature from Nurture and highlights the unequivocal importance of Nature in shaping lifelong psychosocial grooming and achieving optimal psychosocial health. I extracted profound insights on human psychology from the Quran and introduced the concept of four distinct selves, each characterized by a unique nature. Furthermore, I unveiled the existence of eight types of intelligence, unraveled the intricacies of behavior execution and free will, and delved into the realms of psychosocial health, wellness, and illness. My research journey also involves intelligential naturalization, selective sociality, a model of lifelong learning for educational excellence, and the identification of two previously unknown mental conditions: atimiaphobia and charismaphobia. Empowering clinicians and researchers alike, I have developed a comprehensive clinical framework for understanding, diagnosing, and treating psychosocial problems. My innovative approach has further led to the creation and validation of more than 30 new psychological scales, revolutionizing the assessment and measurement of various psychological phenomena. To delve deeper into my groundbreaking work and remarkable publications, I invite you to visit my engaging website and video channel.

**Website:** [www.drsukoon.info](http://www.drsukoon.info) **YouTube Channel:** <https://www.youtube.com/@DrSukoon>

## ACADEMIC QUALIFICATION (DEGREES)

University of Peshawar, Pakistan

- Ph.D. Psychology with Research in Clinical Psychology
- M.Phil. Psychology with specialization in Clinical Psychology
- M.Sc. Psychology with specialization in Clinical Psychology
- B.A. with Psychology as major

## RESEARCH PROFILES

**94 papers published, 63 papers submitted, 17 studies in progress**

Platform	ID	H-Index	i10-Index	Citations	Reviews
Clarivate Web of Science	<a href="#">A-8738-2018</a>	11		287	245
Scopus	<a href="#">57112142400</a>	12		304	
Google Scholar	<a href="#">Waqar Husain</a>	19	32	1165	
Research Gate	<a href="#">Waqar Husain</a>	16		829	
ORCID	<a href="#">0000-0003-3047-1834</a>				

## ABILITIES

In connection to the professional potentials, following are some of my features revealed through a reliable psychological test:

- I am a bold & innovative thinker; self-confident; self-reliant; extremely independent; very strong willed; incisive; highly individualistic; masterful; steadfast and persevering; good at putting things into practice and able to bring things into manifestation.
- I learn rapidly; achieve the goals through willpower and organization; exercise authority with much courage; and act in a vigorous and organized manner.
- I have a dynamic personality; able to cut through illusion; a keen, piercing, and penetrating mind; dynamic intensity of thought; power to analyze and criticize; ability to stand alone; readiness to scale the heights; sense of discipline, and emotional control.
- My personality characteristics include decisiveness; fearlessness; obstinacy; pride; leadership and sense of command.

## PERSONAL INFORMATION



Name: Waqar Husain  
Father's Name: Sabir Husain  
Date of Birth: March 9, 1976  
Religion: Islam  
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**PROFESSIONAL EXPERIENCE IN ACADEMIC INSTITUTIONS****16 years****Tenured Associate Professor of Psychology****COMSATS University Islamabad, Islamabad, Pakistan**

(Mar. 2021 till date) Teaching different areas of Psychology and supervising research projects.

**Assistant Professor of Psychology****COMSATS University Islamabad, Islamabad, Pakistan**

(Mar. 2015 till Mar. 2021) Teaching different areas of Psychology and supervising research projects

**Head of Psychology Department****Foundation University, Islamabad, Pakistan**

(Jan.2014 till Mar. 2015) Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects. Overall management of the department including teaching methodologies and quality, research and projects, examinations, faculty's performance, initiating new programs, preparation of budgets, etc.

**Assistant Professor of Psychology / Program Manager****Foundation University, Islamabad, Pakistan**

(May.2013 till Jan. 2014) Teaching different areas of Psychology and supervising research projects

**Assistant Professor of Psychology****Hazara University, Mansehra, Pakistan**

(Mar.2012 till Feb. 2013) Placement through Higher Education Commission Pakistan's IPFP program for one year. Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects.

**Psychology Teacher****Army Burn Hall College for Girls, Abbottabad, Pakistan**

(Oct. 2009 till Feb. 2012) Teaching different areas of Psychology at post-graduate level. Supervising researches and projects.

**PROFESSIONAL EXPERIENCE IN HUMANITARIAN AGENCIES****12 years****Founder & Executive Director****Sukoon**

(Nov.2006 till April, 2013) The overall management of the society and her activities (unpaid) including project management, proposal writing, financial planning and management, human resources management, coordination with prospective donors, stakeholders and beneficiaries, etc.

**Executive Director****Sohni Dharti Development Foundation**

(Jan. 2008 till Sep. 2009) Planning and executing the funded community-based projects, hiring and managing human resources, reporting to the donors, organizing capacity building workshops for partner organizations, conducting field based surveys, etc.

**Project Evaluator (External)****People in Need**

(Dec. 2008) Conducting the final evaluation of a UNICEF funded project on Psychosocial Assistance to the Earthquake Affected Population in Districts Bagh and Muzaffar Abad of Azad Jammu & Kashmir

**Human Rights Analyst Assistant****European Union Election Observation Mission**

(Dec. 2007 till Feb. 2008) Conducting and reporting analysis of Human Rights related issues during the electoral process in Pakistan

**Psychosocial Activities Coordinator****Terre Des Hommes**

(Mar. 2006 till Oct. 2006) The overall coordination of TDH and UNICEF funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra; supervising more than 250 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc.; handling of Project's physical resources

**Child Protection Program Manager****Terre Des Hommes**

(Nov. 2005 till Feb. 2006) The overall management of TDH funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra, Pakistan; supervising more than 200 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc. Designing and implementation of recreational activities / play therapy for disaster affected children

**Child Protection Manager****International Rescue Committee**

(Oct. 2005 till Nov. 2005) The overall management of Child Friendly Spaces established for children affected by the earthquake

**Protection Specialist****International Rescue Committee**

(Apr. 2004 till Sep. 2005) Monitoring and Integration of Protection principles in all the projects of IRC Pakistan; Capacity building of IRC Pakistan staff on Protection, Human Rights, Refugee Rights, etc. Mainstreaming Gender related elements in IRC's projects

**Project Manager****Ministry of Law, Justice and Human Rights / Save the Children**

(Jun. 2003 till Feb. 2004) The overall management of a project "Psychological Correction & Rehabilitation of Juvenile Delinquents in Haripur Prison" to provide the juvenile delinquents with basic education, applied skills and modifying their behaviors constructively

**Counselor Information****Norwegian Refugee Council**

(May 2002 till Jan. 2003) Providing counseling sessions to Afghan Refugees on Relocation and Repatriation related issues

**Field Clerk****United Nations High Commission for Refugees**

(April, May 2002) Providing administrative and technical assistance to Afghan Refugees in Relocation and Repatriation

**Psychologist****Ministry of Law, Justice and Human Rights / International Labor Organization**

(Sep. 2000 till Apr. 2002) Psychological Correction & Rehabilitation of Juvenile Delinquents; Psychological Assessment; Psychotherapies; Counseling; Behavior Modification, etc.

**PROFESSIONAL EXPERIENCE IN PSYCHOTHERAPEUTIC PRACTICE****27 years****Psychotherapist****Private Practice**

(Sep. 1998 till date) I have developed a new psychosocial approach (SUKOON; [www.dr.sukoon.info](http://www.dr.sukoon.info)) for prevention and response to psychosocial problems. I have been providing psychotherapeutic interventions to the mentally ill and psychologically disturbed since 20 years.

**SINGLE AUTHOR**

1. Waqar Husain. (2024). The Quranic perspective on psychopathology and psychotherapy: a comprehensive guide for psychotherapists of Islamic world. *International Journal of Islamic Psychology*, 7, 29-57. <https://journal.iamphome.org/index.php/IJIP/article/view/58>
2. Waqar Husain. (2022). It's time to translate the Quranic words, Nafs & Qalb as referring to Mind & Intelligence. *ISLĀMIYYĀT - The International Journal of Islamic Studies*, 44(2), 77-95. <https://doi.org/10.17576/islamiyyat-2022-4402-06>
3. Waqar Husain. (2021). Components of psychosocial health, *Health Education*, 122(4), 387-401. <https://doi.org/10.1108/HE-05-2021-0084>
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7. Waqar Husain. (2019). Barriers in seeking psychological help: public perception in Pakistan. *Community Mental Health Journal*, 56(1), 75-78. DOI: <https://doi.org/10.1007/s10597-019-00464-y>
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9. Waqar Husain. (2019). The psychosocial variations in grieving parental and spousal death. *Journal of Loss and Trauma*, 25(1), 99-104. DOI: <https://doi.org/10.1080/15325024.2019.1645926>
10. Waqar Husain. (2020). The levels of perceived emotional abuse among Pakistani husbands and wives. *Global Drugs and Therapeutics*, 1 (1), 1-3. <http://dx.doi.org/10.31487/j.GDT.2020.01.05>
11. Waqar Husain. (2014) Depression, anxiety and stress among junior and senior police officers. *Academic Research International* (5)3, 239-244. [http://www.savap.org.pk/journals/ARInt./Vol.5\(3\)/2014\(5.3-27\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(3)/2014(5.3-27).pdf)
12. Waqar Husain. (2014). The levels of depression, anxiety and stress in police officers. *Academic Research International* (5)4, 458-465 [http://www.savap.org.pk/journals/ARInt./Vol.5\(4\)/2014\(5.4-46\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(4)/2014(5.4-46).pdf)

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13. Waqar Husain & Zahra Anjum. (2025). Thinking positively after being raped: hints for therapists dealing with the psychosocial recovery of rape survivors. *Applied Psychology for Health Promotion*, 2(1), e145113. <https://doi.org/10.5812/aphp-145113>
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15. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Achraf Ammar, Khaled Trabelsi & Haitham Jahrami. (2025). Development and Validation of the Women Autonomy Scale for Measuring Psychosocial Freedom from Conventional Gender Roles. *BMC Psychology*, 13:88. <https://doi.org/10.1186/s40359-025-02393-w>
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17. Waqar Husain, Areen Jamal Haddad, Muhammad Ahmad Husain, Hadeel Ghazzawi, Khaled Trabelsi, Achraf Ammar, Zahra Saif, Amir Pakpour, & Haitham Jahrami. (2025). Reliability generalization meta-analysis of the internal consistency of the Big Five Inventory (BFI) by comparing BFI (44 items) and BFI-2 (60 items) versions controlling for age, sex, language factors. *BMC Psychology*, 13:20 <https://doi.org/10.1186/s40359-024-02271-x>
18. Haitham Jahrami, Waqar Husain, Khaled Trabelsi, Achraf Ammar, Seithikurippu R. Pandi-Peruma, Zahra Saif, Marc N. Potenza, Chung-Ying Lin, & Amir H. Pakpour. (2024). A Meta-Analysis Assessing Reliability of the Yale Food Addiction Scale: Implications for Compulsive Eating and Obesity. *Obesity Reviews*, 26 (4), e13881. <https://doi.org/10.1111/obr.13881>
19. Waqar Husain, Achraf Ammar, Khaled Trabelsi, and Haitham Jahrami. (2024). Development and validation of Believers' Death Anxiety Scale: integrating religious dimensions into death anxiety assessment. *Discover Mental Health*, 4:64 <https://doi.org/10.1007/s44192-024-00120-2>
20. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Achraf Ammar, Khaled Trabelsi, & Haitham Jahrami. (2024). The Quality of Psychosocial Health and Psychosocial Illness Among Women with and without Shelter Homes: A Cross-Sectional Study. *BMC Health Services Research*, 24, 1368. <https://doi.org/10.1186/s12913-024-11823-1>
21. Waqar Husain, Fatima Babar, Fizza Raza, Khalid Trabelsi, Amir H. Pakpour, Haitham Jahrami. (2024). The predictive role of personality disorders and personality traits in death anxiety. *OMEGA Journal of Death and Dying*. <https://doi.org/10.1177/00302228241298137>

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24. Waqar Husain & Fayyaz Ahmed Faize. (2024). Education without aptitude: mismatched vocational personalities for professional placements. *E-mentor*, 4(106), 13-21. <https://www.doi.org/10.15219/em106.1675>
25. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Ammar Achraf, Hasan M. Isa, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, Amir H. Pakpour, Haitham Jahrami. (2024). Gerascophobia or Excessive Fear of Aging Scale (GEFAS): Development, Validation, and Exploration of Psychometric Properties of a Brief Instrument Using Classical Testing Theory and Item Response Theory. *Archives of Gerontology and Geriatrics*. <https://doi.org/10.1016/j.archger.2024.105599>
26. Waqar Husain, Bushra Parveen, Haitham Jahrami, Achraf Ammar, & Khaled Trabelsi. (2024). The predictive role of religious beliefs, psychosocial illness, and fear of aging on death anxiety among Christians and Muslims. *Pastoral Psychology*. <https://doi.org/10.1007/s11089-024-01159-2>
27. Waqar Husain, Manahil Mehmood Malik, Amna Shakeel, Aliya Riaz, & Haitham Jahrami. (2024). The Psychopathological Predictors and Effects of Death Anxiety. *OMEGA – Journal of Death and Dying*. <https://doi.org/10.1177/00302228241272502>
28. Waqar Husain, Aqsa Murtaza, Muhammad Ahmad Husain, & Farrukh Ijaz. (2024). Development and validation of the Criminal Aptitude Inventory (Urdu): a comprehensive assessment across convicted prisoners and the general population. *Annals of Military and Health Sciences Research*, 22(2), e145109 <https://doi.org/10.5812/amh-145109>
29. Waqar Husain & Maha Nasir Malik. (2024). The gender-specific dynamics of charismaphobia in relation to body-esteem and self-esteem: implications for cosmetic and psycho-dermatology. *Journal of Skin and Stem Cell*, 11(2), e145103. <https://doi.org/10.5812/jssc-145103>.
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31. Waqar Husain, Tooba Nasir, Muhammad Ahmad Husain, & Farrukh Ijaz. (2024). The perception of feminism and the inclination for empowerment among educated Muslim women from Pakistan. *Middle East Journal of Islamic Studies and Culture*, 4(1), 11-19 [https://kspublisher.com/media/articles/MEJISC\\_41\\_11-19.pdf](https://kspublisher.com/media/articles/MEJISC_41_11-19.pdf)
32. Waqar Husain, Yasmin Almashouk, & Haitham Jahrami. (2024). Integrating Psychological Care in Sports Injury Rehabilitation: A Comprehensive Mini-Review. *Tunisian Journal of Sports Science and Medicine*, 2(1), 14-20. <https://tunisportscimed.com/index.php/tjssm/article/view/11>
33. Waqar Husain, Asma Sadiqa, Eman Zahid, Fatima Idrees, Achraf Ammar, Zahra Saif, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, Mary V. Seeman, & Haitham Jahrami. (2024). The Translation and Preliminary Psychometric Validation of the Ghosting Questionnaire in Urdu. *European Journal of Investigating in Health, Psychology and Education*, 14(3), 554-562. <https://doi.org/10.3390/ejihpe14030037>
34. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Marwa Zulfiqar, & Javeria Khalique. (2024). Simplifying the understanding and measurement of mental disorders thru a comprehensive framework of psychosocial health. *OBM Integrative and Complementary Medicine*, 9(1), 011. <http://dx.doi.org/10.21926/obm.icm.2401011>
35. Waqar Husain & Shakeela Ibrahim. (2024). Public Perception on the Major Issues of Pakistan: Repercussions for Psychosocial Health. *IUB Journal of Social Sciences*, 6(1), 159–177. <https://doi.org/10.52461/ijoss.v6i1.2622>
36. Waqar Husain, Abeera Kiran, Umara Qasim, Saliha Gul, & Javairia Iftikhar. (2023). Measuring sexual intelligence for evaluating sexual health. *Psychological Reports*, 127(5), 2608-2630. <https://doi.org/10.1177/00332941231152388>
37. Waqar Husain, Samia Wasif, & Insha Fatima. (2023). Profanity as a self-defense mechanism and an outlet for emotional catharsis in stress, anxiety, and depression. *Depression Research and Treatment*, 15, 3901-3913. <https://doi.org/10.1155/2023/8821517>
38. Waqar Husain, Shakeela Ibrahim, & Sadia Mushtaq. (2023). The relationship between mother-in-law and daughter-in-law: An Eastern perspective. *Pakistan Journal of Social Research*, 5(2), 1027-1036. <https://doi.org/10.52567/pjsr.v5i02.1215>
39. Waqar Husain, Pakeeza Majeed, Farrukh Ijaz, Muhammad Ahmad Husain. (2023). The predictive role of Big-5 Personality Traits and Psychosocial Health in Marital Readiness. *Journal of Internal Medicine: Science & Art*, 4, 11-18. <https://doi.org/10.36013/jimsa.v4i.116>
40. Waqar Husain, Nashia Ahmed, & Rida-e-Fatima. (2023). The actual and the desired verbal and non-verbal sexually assertive communication between married couples from a collectivistic Muslim culture. *Family Journal*. <https://doi.org/10.1177/10664807231157033>
41. Waqar Husain, Kainat Shams, Afsheen Behram, Resham Tahir, & Samha Rafique. (2023). Paternal and maternal love for married and unmarried sons and daughters. *Families, Relationships and Societies*. <https://doi.org/10.1332/204674321X16895779405910>



42. Waqar Husain, Fayyaz Ahmed Faize, Javaria Urooj, & Rabia Tariq. (2023). Beyond the grades: measuring teacher's efficacy for the psychosocial grooming of students. *Open Praxes*, 15(1), 60-72. <https://doi.org/10.55982/openpraxis.15.1.540>
43. Waqar Husain, Neha Zahid, Areej Jehanzeb, & Momina Mehmood. (2022). The psychodermatological role of cosmetic-dermatologists and beauticians in addressing charismaphobia and related mental disorders. *Journal of Cosmetic Dermatology*, 21(4), 1712-1720. <https://doi.org/10.1111/jocd.14317>
44. Waqar Husain & Ammarah Riasat. (2022). Attitudes toward mental health and psychotherapy: variations by gender, age, education, marriage, profession and income. *Journal of Internal Medicine: Science & Art*, 3(1), 28-35. <https://doi.org/10.36013/jimsa.v3i1.101>
45. Waqar Husain, Ayesha Inam, Samia Wasif, & Sahira Zaman. (2022). Emotional Intelligence emotional expression and emotional regulation for intrinsic and extrinsic emotional satisfaction. *Psychology Research and Behavior Management*, 15, 3901-3913. <https://doi.org/10.2147/PRBM.S396469>
46. Waqar Husain, Laraib Rahim, & Farrukh Ijaz. (2022). Sexually assertive content in English, Urdu, and Punjabi songs from 1970 till 2019. *Journal of Poetry Therapy*, 35(4), 219-230. <http://dx.doi.org/10.1080/08893675.2022.2113278>
47. Waqar Husain & Ameena Nadeem. (2022). Measurement of marital readiness to avoid possible divorce. *Journal of Divorce & Remarriage*, 63(4), 262-276. <https://doi.org/10.1080/10502556.2022.2045462>
48. Waqar Husain & Fatima Rooh-e-Zainab. (2022). Construction and initial structure of Sexual Dysfunctions Tendencies Measure. *Journal of Psychological Research*, 4(3), 4798. <https://doi.org/10.30564/jpr.v4i3.4798>
49. Waqar Husain & Umaira Usman. (2022). Cultural impact on Islamic matrimonial beliefs: a comparison between Pakistan and Qatar. *El Harakah Jurnal Budaya Islam*, 24(2), 221-237. <https://dx.doi.org/10.18860/eh.v24i2.17721>
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51. Waqar Husain & Fayyaz Ahmad Faize. (2021). The state of education in Pakistan: assessment through Bloom's Taxonomy. *Contemporary Education and Teaching Research*, 3(1). <https://doi.org/10.47852/bonviewCETR2022030101>
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53. Waqar Husain, Kiren Zahoor, & Farrukh Ijaz. (2021). The levels of joy in Muslims' celebrations: a comparison between Eid and weddings. *El Harakah Jurnal Budaya Islam*, 23(2), 219-237. DOI: <http://dx.doi.org/10.18860/eh.v23i2.14084>
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#### COLLABORATOR

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#### **RESEARCH PAPERS SUBMITTED FOR PUBLICATION:**

95. Atimiaphobia: The undiscovered burden of honor cultures and shame societies on mental health — development and validation of Atimiaphobia Scale
96. Avoid and Rule: selective sociality as a psychosocial skill for enhancing psychosocial health in a digitally socialized world
97. A comprehensive meta-analysis assessing the reliability of the Lubben Social Network Scale: Implications for Social Connectedness and Social Support
98. A reliability generalization meta-analysis of the internal consistency of the Generalized Anxiety Disorder 7 (GAD-7)
99. Adapting the Gastroesophageal Reflux Disease Questionnaire (GerdQ) for Arabic-speaking Populations: A Study of Psychometric Properties
100. Assessing Life Satisfaction Across Psychosocial Domains: Development and Validation of the Psychosocial Life Satisfaction Scale
101. Basic Intelligence Scale (BIS) based on the Cognitive Domain of Bloom's Taxonomy: validation through Classical Testing procedures and Multidimensional Item-Response Theory analysis
102. Bearing the Burden: Household Chores, Marital Satisfaction, and Psychosocial Health Among Muslim Housewives in Pakistan
103. Behind Body Shaming and Colorism: Unveiling the Psychosocial Variations through Body Shapes and Skin Tones
104. Comparative Analysis of Verbal Encouragement Effects: Teacher-Student versus Student-Student Dynamics on Technical and Psychophysiological Parameters in Small-Sided Soccer Games
105. Comprehensive Arabic Validation of the 6-item Lubben Social Network Scale Using Classical and Modern Psychometric Approaches
106. Craving for touch: a comparison of received and desired touch from family and friends
107. Development and validation of religious, moral, and spiritual intelligence Scale
108. Development and validation of the Brief Environmental Awareness Measure (BEAM): A Psychosocial Perspective on Environmental Awareness

109. Development and Validation of the Profanity Scale: the first ever instrument to measure the habit of using profane language in daily communication
110. Doping trends among elite athletes in Arabic countries: A comprehensive analysis of point, 12-month, and lifetime prevalence rates
111. Evaluating the Psychometric Properties of the Modern Standard Arabic Sport Emotion Questionnaire (SEQ)
112. Exploring Determinants of Mediterranean Lifestyle Adherence: Findings from the Multinational MEDIET4ALL e-Survey Across Ten Mediterranean and Neighboring Countries
113. Fed Versus Fasted State Small-Sided Soccer Games During Ramadan Fasting: A Comparative Analysis of GPS-Monitored Performance, Objective Sleep Quality, and Psychophysiological Responses among Soccer Players
114. From Traits to Character: Development and Validation of the Personality and Character Scale
115. Gender-Specific Insights into Adherence to Mediterranean Diet and Lifestyle: Analysis of 4000 Responses from the MEDI-ET4ALL Project
116. Global Insights into Life Satisfaction: A Meta-Analysis of Reliability Estimates and An Evidence-Based Threshold of the Satisfaction with Life Scale Across Age, Gender, Country, United Nations' HDI, World Bank's Income Levels, Language of Testing, and Clinical Status
117. Hormonal, Antioxidant, and Body Composition Differences in Elite Male Athletes: A Comparative Study of Aerobic and Anaerobic Training
118. Infidelity in Pakistan: trends and suggestions
119. Intelligential Therapy: the psychotherapeutic function of different types of intelligence as mediators between psychosocial illness and wellness
120. Internal Consistency of the Pediatric Daytime Sleepiness Scale: A Meta-Analysis Across Diverse Populations
121. Measure of Religious Beliefs on Mental Health: development and validation among Christians and Muslims
122. Multifactorial Determinants of Individual Health Status: Insights from the MEDIET4ALL Large-Scale Survey on Eco-Sociodemographic, Environmental, Psychological, and Lifestyle Factors
123. Nomophobia symptoms improved during the month of Ramadan in adult men and women
124. Problem-Solving Teaching Method: A Strategy to Mitigate Disruptive Behavior and Enhance Learning Outcomes in Physical Education Classes
125. Queens are captives: The psychosocial dynamics of women's autonomy and disempowerment
126. Ramadan Fasting Observance and its Association with Hydration Status in Physically Active Individuals and Athletes: A Systematic Review and Meta-Analysis, with GRADE Certainty of Evidence Assessment
127. Ramadan fasting observance and its association with sleep pattern, sleepiness, dietary intake, mood states, attention, and physical performance in athletes
128. Reconceptualizing Disordered Eating as a Spectrum: Measurement Challenges and Theoretical Implications
129. Regional Variations in Mediterranean Diet Adherence: A Socio-Demographic Sociodemographic and Lifestyle Analysis Across Mediterranean and Non-Mediterranean Regions
130. Reliability Generalization Meta-Analysis of the Body-Esteem Scale (BES): Future Directions for a Holistic Psychosocial Approach to Body Esteem Measurement
131. Reliability Generalization Meta-Analysis of the internal consistency of the Body Awareness Questionnaire
132. Reliability Generalization Meta-Analysis of the Internal Consistency of the Buss Perry Aggression Questionnaire
133. Reliability of the Anxiety and Preoccupation About Sleep Questionnaire (APSQ): A Meta-Analysis insight for Orthosomnia Screening
134. Romantic Loneliness Scale: development and validation of a novel and brief measure to assess loneliness stemming from the absence of romance in dating, hookups, and marital relationships
135. Sexual fantasies of Pakistani men and women: an in-depth exploration and correlation with social media and porn consumption
136. Sexual orientation of married and unmarried Muslim women from a collectivistic culture
137. Success State Scale: an objective measure for evaluating the current state of psychosocial success in a multidimensional mode
138. The Acute and Delayed Impact of the 5-meter Shuttle Run Test on Oxidative Stress, Muscle Damage, and Immune Response, and Their Relationship with Performance in Rugby Union Players
139. The development and validation of a one-off scale to measure procrastination and precrastination traits in young adults from six continents
140. The effect of a Six-Week Board Game-Based Educational Intervention on Hydration Knowledge, Status and Practices in Tunisian School Children
141. The Effects of a 12-Week Small-Sided Soccer Games Training Program on Physical Fitness, Body Composition, Cognitive Function, and Mental Well-being in North-African Overweight/Obese Children
142. The FES Scale – Financial Economic Stress Scale: Development and validation of a psychology-specific tool to measure psychological distress from financial hardship



143. The Influence of Differential Learning on Flow Experiences and Mood States among Physical Education Students
144. The Point Prevalence and Demographic Correlates of Pathological Gerascophobia
145. The Reliability and Factorial Validity of the Ultra-Brief Arabic Version (6-Item) of the Shirom-Melamed Burnout Measure
146. The role of education in getting diagnosed with covid-19
147. The role of gender, age and education in being hopeful toward personal, social and professional domains of life
148. The Role of Ludic Support in Boosting Engagement and Academic Performance: The Case of Blood Circulation in the Elementary Sciences Class
149. The subjective measurement of marital satisfaction
150. The validation of the nomophobia questionnaire using a modern psychometric approach: An item response theory analysis of 5087 participants
151. Theory of hybrid behavior: an explanation to behavioral mechanics thru natural, nurtural, and supernatural agents involved in the execution of human behavior
152. Theory of sinful majority: the Quranic condemnation of cultural conditioning
153. Translation and Psychometric Validation of the Gerascophobia or Excessive Fear of Aging Scale (GEFAS) into Urdu
154. Turkish Adaptation of the Ghosting Questionnaire and Its Impact on Relationship Satisfaction: Serial Mediation Effects of Negative Affect and Loneliness
155. Unveiling the sex life of housewives from a collectivistic Muslim culture
156. Validation of the Arabic Translation of the Situational Interest Scale in Physical Education
157. Validation Study of the Arabic Translation of the Sleep Regularity Questionnaire (SRQ)

#### **RESEARCH PROJECTS IN PROGRESS:**

158. Big-5 personality factors in psychosocial health
159. Daddy's Princess - Husband's Queen: Variations in the love of married women for fathers and husbands
160. Death anxiety and spiritual, moral, and religious intelligence
161. Gender and personality traits
162. Household Intelligence: The unrewarded qualities of housewives
163. Midlife Crisis
164. Personality and intelligence
165. personality traits and character strengths in marital satisfaction
166. Professional brotherhood and social support among different professional communities
167. Psychosocial Health and Psychosocial Illness among Men and Women
168. Psychosocial Intelligence Scale
169. Religious Cultures or Cultural Religions
170. Romantic Readiness Scale
171. Social intelligence in charismaphobia
172. The ideal attributes of orthodox South-East Asian lovers: content analysis of Indian and Pakistani songs
173. The psychosocial correlates of adulthood
174. Translation and validation of Psychosocial Health Evaluator

## **LANCET:**

- eClinicalMedicine

## **SAGE:**

- Clinical Medicine Insights: Psychiatry
- Criminal Justice Review
- Culture and Psychology
- Journal of Applied Social Science
- Journal of Psychosexual Health
- Personality and Social Psychology Bulletin
- Police Quarterly
- Psychological Reports
- Sage Open \*
- Sexual Abuse
- Transcultural Psychiatry

## **TAYLOR & FRANCIS:**

- Asian Journal of Women Studies
- Atlantic Journal of Communication
- British Journal of Guidance & Counselling
- Counselling Psychology Quarterly
- International Journal of Sexual Health
- Marriage & Family Review
- Psychology and Health

## **SPRINGER:**

- Administration and Policy in Mental Health and
- Archives of Dermatological Research
- Community Mental Health Journal
- Dermatology and Therapy
- Integrative Psychological and Behavioral Science
- International Journal for Educational & Vocational Guidance
- Journal of Contemporary Psychotherapy
- Mental Health Services Research
- Scientific Reports
- Sexuality Research and Social Policy

## **PLOS:**

- PLOS Global Public Health

## **ELSEVIER:**

- Current Research in Behavioral Sciences

## **EMERALD:**

- Journal of Criminal Psychology
- Mental Health Review Journal

## **APA:**

- International Perspectives in Psychology: Research, Practice, Consultation
- Journal of Psychotherapy Integration

## **BMC:**

- BMC Psychology
- BMC Public Health
- BMC Research Notes

## **WILEY:**

- Child & Family Social Work
- Family Process
- Family Relations
- International Social Sciences Journal
- Journal of Community Psychology
- Performance Improvement Quarterly
- Sociological Inquiry

## **FRONTIERS:**

- Frontiers in Psychology
- Frontiers in Public Health

## **OTHERS:**

- Advance in Research
- Advances in Public Health
- African Journal of Reproductive Health
- ANALES DE PSICOLOGIA / Annals of Psychology
- Archives of Current Research International
- Asian Journal of Advances in Medical Science
- Asian Journal of Advances in Research
- Asian Journal of Education and Social Studies
- Asian Journal of Medicine and Health
- Asian Journal of Probability and Statistics
- Asian Journal of Research in Medical and Pharmaceutical Sciences
- Asian Research Journal of Arts and Social Sciences
- Environment and Social Psychology
- International Journal of Medical & Pharmaceutical Case Reports
- International Journal of Tropical Disease & Health
- International Neuropsychiatric Disease Journal
- Journal for Educators, Teachers, and Trainers
- Journal of advances in medicine
- Journal of Education, Society and Behavioural Science
- Journal of Evidence based Psychotherapies
- Journal of Global Research in Education
- Journal of Humanities & Social Sciences
- Journal of Medicine & Health Research
- Journal of Medicine & Medical Research
- Journal of Pharmaceutical Research International
- Psychological Research & Behavior Management
- Universa Medicina
- Uttar Pradesh Journal of Zoology